


McCabe Park Regional Community Center

101 46th Avenue North, Nashville, TN 37209 - 615-862-8457

Dance Studio Gymnasium (\$ – Paid Class)	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>2015 Program Schedule <i>“Subject To Change”</i></p> <p><u>Facility Coordinator</u> Lindsey Magness</p> <p><u>Program Coordinator</u> Anthony Cooper</p> <p><u>Recreation Leaders</u> Justin Adams Julian Adams Jessica Easley Chason Fuller Brianna Morrow Dequionta Rucker</p> <p><u>Fitness Class Fee</u> \$3.00 per class \$30.00 for 10 classes</p> <p><u>Fitness Center Fee</u> \$3.00 per visit \$20.00 per 10 visits \$30.00 per month</p>	<p>6:00am-7:00am Boot Camp(\$) Shauna Beals</p> <p>7:00am-9:00am Open Gym</p> <p>8:15am-9:15am Zumba(\$) Lex Herndon</p> <p>9:00am-10:00am Boot Camp(\$) Kathy Moore</p> <p>10:00-11:00am Roll n Flow(\$) Kathy Moore</p> <p>10:00am-11:00am Senior Strength(\$) Anthony Cooper</p> <p>Adult Basketball 12pm-3pm</p> <p>3pm-5:30pm Afterschool Program</p> <p>5:30-6:30pm Zumba(\$) Nakyya Lewis</p> <p>6:15pm-7:15pm Hiit(\$) Anthony Cooper</p> <p>6:30pm-7:30pm Yoga(\$) Barbara Burgess</p>	<p>6:00am-7:00am Boot Camp(\$) Misty Adfield</p> <p>6:00am-7:00am Zumba(\$) Janet Thompson</p> <p>7:00am-12p Open Gym</p> <p>8:15am-9:15am Vinyasa Yoga(\$) Jessica Baldwin</p> <p>11:00am-12:00pm Yoga(\$) Jessica Baldwin</p> <p>Adult Basketball 12pm-3pm</p> <p>3pm-5:30pm Afterschool Program</p> <p>5:30-6:30pm Zumba(\$) Nakyya Lewis</p> <p>7:00pm-8:00pm Boot Camp(\$) Anthony Cooper</p>	<p>6:00am-9:00am Open Gym</p> <p>8:15am-9:15am Zumba(\$) Lex Herndon</p> <p>9:00am-10:00am Boot Camp(\$) Anthony Cooper</p> <p>10:00am-11:00am Senior Strength(\$) Anthony Cooper</p> <p>11:30am-12:30pm Yoga(\$) Susan Foster</p> <p>12:30pm-1:30pm Barre(\$) Susan Foster</p> <p>Adult Basketball 12pm-3pm</p> <p>3pm-5:30pm Afterschool Program</p> <p>6:15pm-7:15pm Hiit(\$) Anthony Cooper</p> <p>6:15pm-8:15pm Adult Volleyball</p> <p>6:00pm-7:00pm Achilles</p> <p>6:30pm-7:30pm Yoga(\$) Barbara Burgess</p>	<p>6:00am-7:00am Boot Camp(\$) Misty Adfield</p> <p>6:00am-7:00am Zumba(\$) Janet Thompson</p> <p>7:00am-9:00am Open Gym</p> <p>8:15am-9:15am Vinyasa Yoga(\$) Summer Leniger</p> <p>11:00am-12:00pm Yoga(\$) Jessica Baldwin</p> <p>Adult Basketball 12pm-3pm</p> <p>3pm-5:30pm Afterschool Program</p> <p>5:30pm-6:30pm Zumba(\$) Nakyya Lewis</p> <p>6:00pm-7:00pm Yoga(\$) Mina Kashani</p> <p>7:00pm-8:00pm Boot Camp(\$) Anthony Cooper</p>	<p>6:00am-9:00am Open Gym</p> <p>8:15am-9:15am Zumba(\$) Lex Herndon</p> <p>9:00am-10:00am Boot Camp(\$) Anthony Cooper</p> <p>10:00am-11:00am Senior Strength(\$) Anthony Cooper</p> <p>11:00am-12:00pm Vinyasa Yoga(\$) Nick Majors</p> <p>Adult Basketball 12pm-3pm</p> <p>3pm-5:30pm Afterschool Program</p>	<p>8:00am-9:30am Open Gym</p> <p>9:30am-10:30am Zumba(\$) Janet Duke</p> <p>10:00am-11:00am Yoga(\$) Barbara Burgess</p> <p>10:30am-11:45am Open Gym</p> <div data-bbox="1793 1203 1969 1471">  </div>

Schedule is subject to change